

The American Legion

(Copy for This Department Supplied by the American Legion News Service.)

LEGION OFFICER KNOWS NAVY

Edward Spafford, Chairman of Committee on Naval Affairs, Has Climbed the Ladder.

Edward Elwell Spafford, newly appointed chairman of the American Legion's committee on naval affairs, knows the United States navy on land and on sea as few other men do.

Born in Springfield, Vt., Mr. Spafford was educated in the public schools. He received an appointment to the United States

Naval academy in 1901. Assigned to the ship Washington, he became gunnery officer; at that time he was the youngest officer in the navy to hold this position.

While the Washington was lying off Cape Hatteras a sailor was washed overboard in a heavy sea. Risking his life in the waves, Mr. Spafford plunged overboard and succeeded in rescuing the seaman. His bravery was recognized in a letter of commendation from the secretary of the navy. He rose to the rank of lieutenant commander.

In 1914 Mr. Spafford resigned from the navy to study law at Columbia university.

With the start of the war Mr. Spafford offered his services to his country and he was made a lieutenant commander in the navy reserve corps. He served for a time as a member of the board of inspection and survey, which was in charge of the selection of ships to be purchased by the government. He directed the fitting out of the first 25 110-foot submarine chasers built for distance service and established a submarine chaser base at New London, Conn.

When the American navy became active in the Straits of Otranto, Mr. Spafford was sent to establish a submarine chaser base at Corfu, Greece, and later became chief of staff of that station. He was in charge of all operations and was on the first American submarine chaser which destroyed an enemy ship after locating it by the process of sound contact.

When the Austrians surrendered two battleships and two destroyers to the United States, Lieutenant Commander Spafford took them over. Later, he investigated the situation along the Dalmatian coast and made a special report on Fiume to the American peace delegation at Paris. He received the Distinguished Service Medal. Mr. Spafford is a member of Manhattan naval post of the American Legion in New York city.

SAYS NO MAN HER SUPERIOR

Bright-Eyed Sergeant and Vice Commander of Post Bluffed Mr. Silver-Eagles.

Who else but a bright-eyed, smiling American girl could have gotten away with it?

Sergeant Minnie Arthur of the United States marine corps was on duty in a recruiting office in Indianapolis, Ind., during the war. The major in charge was nervous; a colonel from Washington was coming to inspect; everyone brushed up on rules of military conduct. A walked the austere colonel, Sergeant Arthur remained working at her desk. Silver-eagles walked over to her desk and frowned.

"Um—ever get up when an officer comes in the room, sergeant?" he growled.

"Yes, sir, sometimes," Miss Three Stripes replied.

"Um—and I suppose you salute your superiors, too, eh?"

Sergeant Arthur smiled sweetly—and then her eyes snapped.

"Sir, I've never seen a man yet who was my superior!"

And the colonel passed it off without a reprimand.

Miss Arthur, now vice-commander of Robert E. Kennington post of the American Legion in Indianapolis, enlisted for four years and served 18 months. She is still in the reserve, drawing \$1 a month with which she buys hair nets. She is authority on Liberian golf and plays a good hand at "blackjack."

On the Square.

"We had quite a game up to the boarding house last night."

"Poker?"

"No. The landlady was going to lick one of the boys for not paying his board. I tried to check her, she jumped me, crowned him and told us both to move."

"Did you do it?"

"Chess."—American Legion Weekly.

IS BUSY LEGION ORGANIZER

Vice Commander of Body in New York Perfects One of the Most Powerful Units.

Believing that the county organization is a vital part of the American Legion, William F. Deegan, first vice commander of the Legion in New York, has perfected in Bronx county one of the most powerful Legion units in the country.

Among the accomplishments of the Bronx county organization is the placing of bronze plaques on 950 trees as a memorial to the World war dead; employment provided for hundreds of ex-service men by the employment committee, and relief to sick and wounded veterans in New York city hospitals from the Legion's welfare committee.

Mr. Deegan, when asked to give some of his working principles, said: "I insist upon every post being represented at a county meeting held once a month. I visit every post at least once or twice a month and for the benefit of Legionnaires have arranged for a legal committee to take up the principal troubles of the boys, without cost. I find that Legion men have absolute confidence in their officers, provided they know that they do not seek political office at their expense. To that end I make every effort to keep the organization free from men holding appointive offices."

"Personal contact with your post is absolutely necessary—telling them what is going on, listening to complaints and abolishing wherever possible parliamentary procedure, because delegates oftentimes will come to meetings and fear to speak on a subject which is vital to the interests of the organization, because they do not know whether they are in order."

During the war Mr. Deegan was attached to the staff of Gen. George W. Goethals and was assigned to inspect the army bases along the Atlantic coast and inland army depots. He was discharged a major in 1919.

LEGION MAN ON LONG HIKE

Sergeant Sylvester of Indiana Is Scheduled to Walk 737 Miles to Boost Training Camps.

Former doughboys will reflect long upon the sad case of Sgt. Harley C. Sylvester, who likes the walking branch of the service so well that he voluntarily agreed to hike an average of 18½ miles a day for 40 days to tell the peaceful citizenry why they should learn to fight.

When officials of Fort Benjamin Harrison, Ind., looked about for the representative type of American soldier to advertise the citizens' military training camps to be held during the summer, they found Sergeant Sylvester, overseas veteran and member of the American Legion at the military post, still in the service.

Sergeant Sylvester is scheduled to cover 737 miles during the 40 days. He is visiting towns and cities in Indiana, Ohio and Kentucky. He carries light marching equipment and is the guest of his buddies in the Legion posts along the dusty route.

The American Legion will assist in obtaining recruits for the citizens' military training camps, according to a resolution adopted by the military policy committee of the ex-service men's organization.

TRANSFERS PAY TO LEGION

Permanently Disabled Yank, Propped Up in Bed, Signs Over Bonus Check to Post.

A striking example of the gratitude of the nation's disabled veterans for those who have aided them in their hours of suffering has come to the attention of Lee C. Prentice post of the American Legion in Fairmount, Minn.

Cletus Lappin, a young soldier severely wounded on the battlefields of France and

now in hospital, rated totally and permanently disabled, received a check in payment for the state bonus while taking treatment in a sanitarium at Fairmount.

Asking to be propped up in bed, Lappin indorsed the slip, good for several hundred dollars, to the Prentice post of the Legion. "When I needed help," said the boy who had given the best of his life to his country, "the Legion boys stood by me. Now I'm going to do my little bit to help them get those clubrooms they are after."

Where Ignorance Is Bliss.

"If you read more you would know more."

"Yes, and miss all the sensational cases by getting rejected for jury duty."—American Legion Weekly.

FARM POULTRY

EXERCISE BEST FOR POULTS

Confining Young Turkeys Does Not Result in Marked Success—Thrive on Free Range.

(Prepared by the United States Department of Agriculture.)

Plenty of exercise is essential if the turkey poult is to thrive, say poultry specialists of the United States Department of Agriculture. At all times, when rain or dampness does not prevent, the poult should be allowed to run in and out of the coop at will. Too much stress cannot be given to the necessity of exercise, and the only way to provide for this is to allow the poult at every possible opportunity to range for feed outside the coop. During a long-continued rainy season it is better to allow them to run out of the coop whenever it is not actually raining, even though the grass is somewhat damp.

By confining the mother hen to the coop she will always be ready to hover



Let the Turkeys Have Open Range.

the poults whenever they run to her, which they will do if they become chilled. The greatest care should be taken to keep the interior of the coop dry, and for this reason it is advisable to choose a sandy slope where the water runs off quickly and where there is also protection from heavy rains. If necessary, the mother-hen can be confined to a roosty coop for a week or more, provided she is properly fed and watered, and the coop moved to fresh ground every day.

If the weather is warm and dry, as frequently happens when the poults are hatched late in the season, no shelter is required, as they do better in the open; but it is advisable to keep them within a fenced inclosure for the first three or four days until they are strong enough to follow the mother. Weather conditions being favorable, the hen and brood can be given free range after the third or fourth day, but care should be taken to keep them out of heavy dews and to protect them from rain for the first two or three weeks. After this early morning dews or light showers followed closely by warm sunshine will do little harm, as the poults soon become warm and dry. If cold, damp weather sets in, however, they will need to be kept in dry quarters, for nothing is more fatal to young poults than wet and cold.

When about six weeks old, the young turkeys are old enough to go to roost. Practically all turkey raisers allow the birds to roost in the open trees or on fences or other roosts especially provided for them. In sections where high winds prevail, it is customary to build the roosts next to barn or shed, where there is some protection. When this is done posts are driven into the ground and poles laid across them four or five feet from the ground. By driving them to the roosting place and feeding them there every evening just before dark, young turkeys can be made to roost wherever desired. For the first few times it is sometimes necessary to keep them under the roost until dark, but they will finally fly up, and after a week or so will no longer have to be driven, but will come up every night to be fed and to roost.

During the summer and early fall turkeys can find an abundance of feed on the average farm. Grasshoppers and other insects, weed and grass seeds, green vegetation, berries, and grain picked up in the fields all go to make up the turkey's daily ration. When this natural feed is plentiful very little need be added until fattening time, except for the purpose of bringing the turkeys every night to roost and to keep them from straying from home. For this purpose one feed of grain every night just before roosting time is sufficient.

POULTRY NOTES.

Oats are as good an all-round feed as can be had but should not be fed exclusively.

The best tonics you can give your stock are fresh air, exercise and a variety of foods.

Kerosene the roosts, upper and under side, once a week. Also the nests every couple of weeks.

Idleness cannot be classed as a disease, but it certainly is a condition that quickly leads to disease and lack of thrift.

The Separate Skirt



A PRACTICAL, neat and very pretty separate skirt, as pictured here, for mid-summer wear, is typical of the majority of separate skirts, which are tailored affairs as useful as suits.

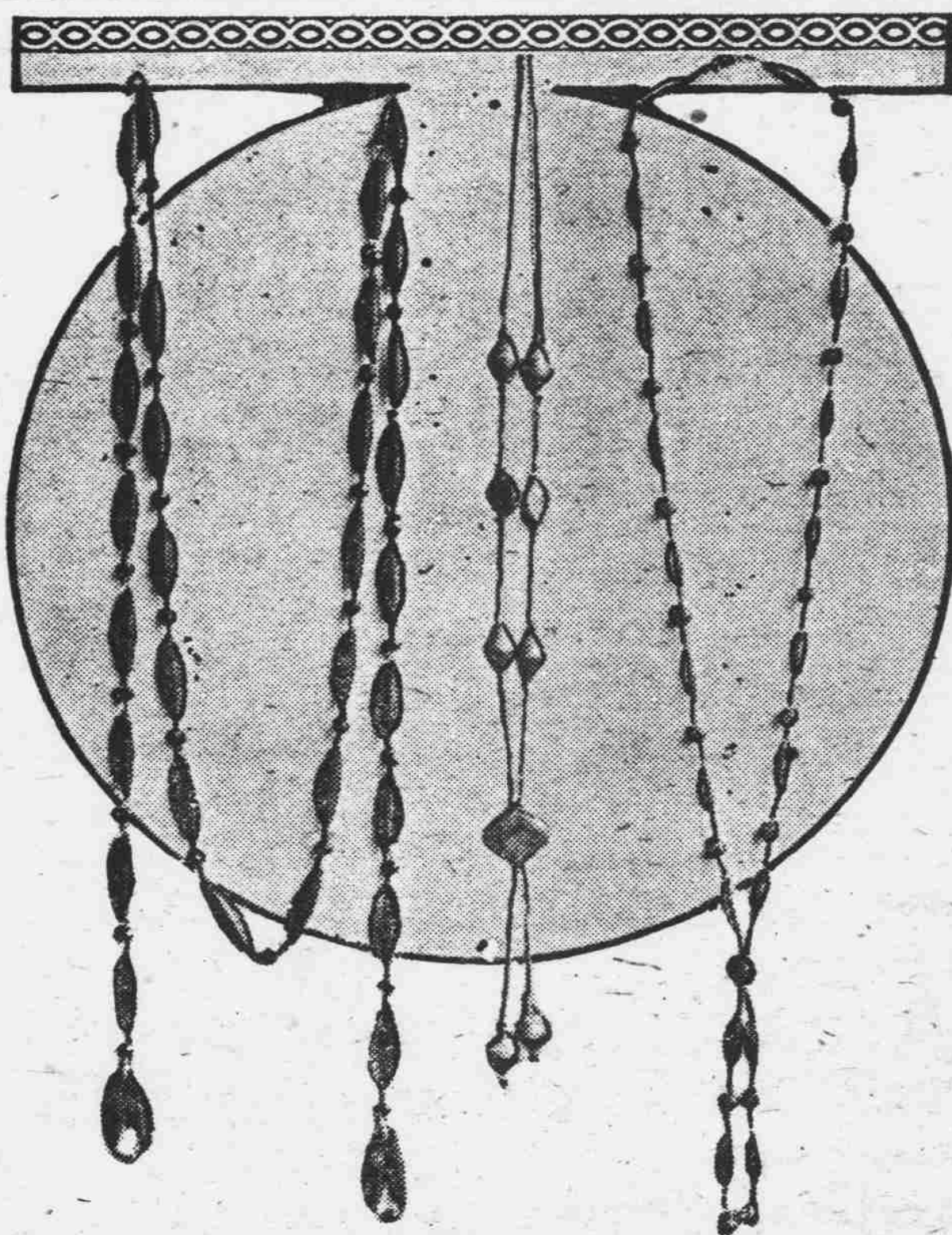
It is representative of only this one class of skirts, however, for there are as many types of skirts as there are of hats and they are all made in unending variety.

Nothing is prettier for ordinary wear than skirts of striped or cross-bar materials in which a color or black relieves the plainness of all white. Light wool fabrics with hairline stripes or crossbars in black, like that in the skirt pictured, have found many admirers this summer. Others, with stripes in high colors alternating with

white, are box or side plaited so that the white predominates, and there are many patterns in black-and-white combinations.

Among the newest skirts for dressy wear there are heavy crepe weaves in silk with wide printed borders of floral patterns in many colors. The skirts are made up with this wide border about the hips or at the hem, and a sash of white crepe, lined with chiffon in a color, accompanies them. Skirts of georgette bordered with rias satin bands in graduated widths, and skirts of taffeta silk with wide borders of duvetyn or other cloth at the bottom, are new and make opportunity for fine color combinations.

Hand-Craft Beads and Trinkets



AMONG women there are those gifted with amazingly ingenious minds, and they are always exercising this gift on the most commonplace materials—turning them into things of beauty for themselves, their homes, and their friends. Within the last year or so some one of them discovered that colored-sealing wax might be substituted for paints, and a little alcohol flame for a brush, and all sorts of pretty furnishings and trinkets made by such simple means. Faded bouquets of flowers, fashioned of tape and coated with the wax in different colors, bloom in vases, also painted in beautifully blended colors—wax providing the color and a flame providing the brush.

Very handsome beads and ornaments are made of the colored wax. Several colors are used together for making them. The wax is softened over a flame and molded round a knitting needle. Drops of melted wax in other colors worked into the beads give the most beautifully blended color effects. These beads are made in any shape and size desired and strung on small silk cord in the color prevailing in the beads. They can be made to match or harmonize with costumes

according to individual taste, and each strand may differ from every other strand. The necklace shown at the middle of the three pictured is made in this way, with lavender beads showing flecks of rose and gold strung on a lavender silk cord. Knots in the cord keep the beads from slipping, and the strand is finished with an ornament.

The necklaces at each side are made of colored paper and glass beads. Colored advertising pages cut from magazines provide the paper, which is cut into long, slender triangles. The length of the bead is governed by the width of the base of the triangle. Placing the base of the triangle on a knitting needle, the paper is wound tightly and evenly around the needle, the pointed end fastened down with a bit of mullage. The bead is then dipped in clear shellac, strung on a string, and allowed to dry. When a sufficient number of beads have been made they are strung with very small glass beads.

Julia Bottomley

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CALOMEL HORROR TOLD BY DODSON

You Don't Need to Sicken, Grip or Salivate Yourself to Start Liver.

You're bilious, sluggish, constipated. You feel headachy, your stomach is sour, your breath bad, your skin sallow and you believe you need dangerous calomel to start liver and bowels.

Here's my guarantee! Ask your druggist for a bottle of Dodson's Liver Tone and take a spoonful tonight. It doesn't start your liver and straighten you right up better than calomel without griping or making you sick. Want you to go back to the store and get your money?

Take calomel today and tomorrow you will feel weak and sick and seated. Don't lose a day. Take a spoonful of harmless, vegetable Dodson's Liver Tone tonight and wake up feeling splendid. It is perfectly harmless, so give it to your children any time. It can't salivate.

Large English Cathedral. The new cathedral, now being built in Liverpool, England, when completed will be the largest in the country, with seating accommodation for fully 8,000 persons. It was commenced in 1904.

Cuticura Comforts Baby's Skin. When red, rough and itching with baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.

Turned Down. Tom—This is an excellent picture of you, Miss Betty. (Sentimentally) I wish I owned the original.

Betty—You may have the negative. —Boston Transcript.

BACK GIVEN OUT?

Is a dull, constant backache slowing you up? Are you tired and achy-tired with sharp, stabbing pains? Do you find it impossible to be happy or enjoy your work? Then, look to your kidneys! When they weaken, the system becomes overloaded with uric acid and backache, sharp pains, headaches, dizzy spells and urinal disorders naturally follow. Help your kidneys with Doan's Kidney Pills. Doan's has brought new health to thousands.

A North Carolina Case

Mrs. Sarah Howell, Third St., Smithfield, N. C., says: "I was a bad condition with my kidneys. They didn't act right and my back ached and pained from morning until night. I often got so dizzy and nervous I could hardly go. Those awful pains in my back sapped all my energy and I felt run down. I only took one box of Doan's Kidney Pills when I was relieved of all the trouble."

Get Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

NEURALGIA?

Go to your druggist or dealer and ask for a package of

WHITE CAPS

and get relief, with no bad after effects. You can depend upon White Caps. They contain no narcotic or prohibitive drugs.

Trial Size 10 cts. — Regular Size 25 cts.

GILBERT BROS. & CO., Baltimore, Md.

BABIES LOVE

MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator. Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label. At All Druggists.



LUCKY STRIKE

"IT'S TOASTED"

Cigarette

Flavor is sealed in by toasting

Manufactured by The American Cigarette Co.